

Sugar Swaps

Breakfast



1 serving of breakfast cereal
10g sugar (+/- depending on brand)

VS.



Avocado toast topped with egg
3.2 g sugar

Lunch



1 slice cheese pizza
36g sugar

VS.



Turkey and cheddar lettuce wrap
2.1g sugar

Snack



1 candy bar
28g sugar (+/- depending on brand)

VS.



Celery with 1tbsp. peanut butter
3.7g sugar (+/- depending on brand)

Dinner



Pasta with tomato sauce
24g sugar (+/- depending on brand)

VS.



Grilled chicken with zucchini noodles
5g sugar

Dessert



Chocolate Cupcake
51g sugar (+/- depending on brand)

VS.



Frozen Grapes
15g sugar

Beverage



1 serving soda
39g sugar (+/- depending on brand)

VS.



Spa Water with cucumber
1.5g sugar